



# The **GOOD FOOD,** **HEALTHY HOSPITALS** *pledge*

Good Food, Healthy Hospitals (GFHH) is a four year, multi-faceted initiative to transform Philadelphia's hospital food environment and bring healthier options to employees, visitors, and patients. This initiative is being led by Common Market, in collaboration with Get Healthy Philly and Philadelphia hospitals and healthcare facilities. Our goal is to develop voluntary nutrition standards and identify regional procurement practices that promote a culture of health through food served in patient meals, cafeteria food service, catering, vending, and on-site restaurants.

Philadelphians suffer from some of the highest rates of diet-related chronic disease in the nation. Obesity, high blood pressure, diabetes, and heart disease all affect our most vulnerable communities who seek treatment through city providers and are costly for the healthcare system. Philadelphia hospitals can treat these illnesses before they begin by increasing access to healthy food served on site.

Healthcare providers are well-suited to become institutional leaders to foster a regional food system that prioritizes public health. By procuring regional farm products that are source-identified, hospitals can leverage their purchasing power to support personal, community, and environmental health through the reduction of antibiotics, pesticides, and toxic chemicals in our food system.

*As a provider of healthcare to the city of Philadelphia, you can make a difference.*

By participating in this initiative, you will be supported by the Good Food, Healthy Hospitals project team. We are available to provide technical assistance throughout the program including conducting nutritional analysis, advising on menu planning, and assisting with product selection and vendor engagement to increase access to fresh, healthy, and environmentally sustainable food. We will also prepare policy recommendations to help incentivize consumer purchases of healthy food. And we will provide educational marketing materials such as nutrition facts and farmer profiles. We can help promote your progress and accomplishments through an established recognition system.

*Join us now!* By signing the Good Food, Healthy Hospitals pledge, you are taking the next steps to promote good health care through good food choices in your hospital. This collaboration begins on the date of your signature and will extend through the end of the SLPHA grant funding period on September 30, 2018.

[www.foodfitphilly.org/eat-healthy-near-you/healthy-hospitals](http://www.foodfitphilly.org/eat-healthy-near-you/healthy-hospitals)



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As a healthcare provider in Philadelphia, we recognize the importance of a balanced, nutritious diet to help reduce obesity and preventable chronic diseases, and to promote wellness in our city. We are dedicated to providing access, options, and education around healthy food choices in our hospital.

Our participation in this initiative demonstrates our commitment to the health and wellness of the patients, staff, and community that our hospital serves. Through this initiative we will:

- **PARTICIPATE** in an environmental scan of our hospital food environment to develop a baseline report. Through data collection we can establish a starting point and we will work with the GFHH project team to track our progress over time. We will offer insight and information through an on-site interview to discuss our current hospital healthy food practices and any promotional efforts made to date.
- **IMPLEMENT** changes in areas for improvement such as increasing offerings of fresh fruits, vegetables, and nutritionally dense foods, reducing unhealthy fats and sugar-sweetened beverages, improving signage to promote healthy options, providing nutrition information, and creating choice architecture that incentivizes purchasing of healthy foods. There are easy ways to begin and the GFHH project team can help to identify and build upon existing healthy options.
- **COMMUNICATE** with our vendors and/or food service management companies that we are interested in increasing procurement of foods that are sustainably grown and processed such as produce grown without pesticides, meats produced without hormones and non-therapeutic antibiotics, and foods that are source-identified. We recognize that by supporting a sustainable food system we are ultimately supporting the health and wellness of our community.
- **COLLABORATE** with peer and community organizations in a Stakeholder Advisory Body and join in a healthy hospital Symposium in the fall of 2015. Many hospitals in Philadelphia are already working to improve their food environments and we can all benefit from sharing strategies, best practices, and resources.
- **PROVIDE** follow-up information to determine successful strategies and track desirable outcomes as it relates to patient satisfaction, increased purchases of healthy foods, and reduced healthcare costs. Promoting our good work and educating our community will help foster systemic change in the way we eat and live.

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Hospital or Healthcare Facility: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Signature, Date: \_\_\_\_\_

